

**If you or someone you
know is have difficulty
with anxiety,**

**Brightside Counseling
Services
can help.**

**Be Anxious
For Nothing**



Anxiety Anxiety

Possible Causes

1. UNCERTAINTY

Anxiety can result from uncertainty. We want to have better control over what lies ahead than we are able. When we find that we do not have control, this may result in anxiety.

Recognize and accept that you do not have as much control over your future as you would like to. Accept the things you cannot change.

2. FEAR NEGATIVE OUTCOME OF FUTURE EVENT

When you are waiting on an upcoming event you may fear that the outcome will be negative, or something you cannot or do not want to endure. Remember that we all experience difficult times, hardships and trials. Expect that the outcomes will not always result in what you had hoped. You cannot control your future as much as you may believe you can. Accept that you will have trials. Learn what you can from them. Ask yourself how the experience can help you grow in endurance, perseverance, determination and hope. Do not get bitter. Learn from it. As a result, you will develop a stronger character.

3. EXAGGERATING THE EFFECTS OF ONE SMALL THING

For example, you forget to set your alarm and you get up late for work. You called to let your employer know, but begin to worry about the impact this will have when you show up at your worksite. While driving to work you begin to think, "I hope I don't get fired from this, I will not be able to pay my mortgage and if that happens, I will lose my house. If that happens, then, my wife will leave me and I will not be able to see my children."

If all of these things were to happen, then that would be horrible. In actuality all that occurs is that the next morning you do not forget to set your alarm. This is called exaggerating the effects of one small thing by making a mountain out of a molehill.

4. PREVIOUS TRAUMA

If you have suffered from a traumatic event you are likely to experience anxiety related to a similar event. Anything that you sensed at the time you experienced your trauma may be triggered during a similar circumstance. Your senses recall that there is danger when experiencing similar circumstances, even though there may not be.

For example, you are in a frightening car accident on a bridge where another car rear-ends your car and you slide into the other lane. Although you lost control of the car, no one was injured yet, in the future, you are walking over an unrelated bridge and all of a sudden you experience anxiety. You do not understand why you are feeling anxious, since there is no apparent danger. Going over the bridge triggers your anxiety even though there is no impending harm. Your mind has registered crossing the bridge as potentially dangerous.

REMEMBER:

- ❖ Accept that you are not always going to make the right decisions. Give it your best, but accept your shortcomings.
- ❖ At times you will have things go wrong and have to endure trials. Try to learn from them.
- ❖ Do not exaggerate the possible results of minor circumstances.
- ❖ Accept that some things you are unable to change.
- ❖ Plan ahead. Do not worry ahead.
- ❖ Recognize and accept that you do not have as much control as you may think. The only control that you have is to make the best decisions that you can, under the circumstances you are in, with the knowledge that you have at the time.
- ❖ If you have experienced minor or major trauma, consider that your current anxiety may be the result of former trauma.
- ❖ Hindsight is 20/20.

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